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The 8 most common myths about children's psychomotor development

Children's psychomotor development is crucial to their overall development and success in life. However, many parents struggle with various myths and misunderstandings regarding this topic.

Claims, half-truths and myths regarding psychomotor development circulate a lot among parents. If we add to this the ambition of some parents, or arguments such as "that's the way it was done in our time", our children are very quickly setting themselves up for health complications, even into adulthood.

Let's take a look together at the **8 most common myths** about children's psychomotor development:

➤ **Myth # 1: A child should sit or walk at a certain age, otherwise something is wrong.**

This myth is probably one of the most widespread myths about the development of a child up to 1 year. Mothers often compare their child's abilities with others and tend to speed up the child's development by helping them.

Each child develops individually. Some reach milestones earlier, others later. It is important to monitor the child's overall progress, not only physical, but also social and cognitive (see my article ["The ABC's of Psychomotor Development in the Child"](#)).

COGNITIVE ABILITIES

It is the ability to perceive, understand, process and use information from the surrounding world.

Cognitive functions include memory, attention, problem solving, decision making, learning new things and the ability to communicate. For example, when a child is taught to throw a ball, not only is he or she learning the actual motion of throwing, but also becoming aware of distance, direction, and force, which supports cognitive development.





➤ **Myth # 2: Learning to walk or learning other skills earlier than others means a child is more skilled overall.**

Reaching milestones early does not necessarily mean better development. It is important to remember that **each child has his or her own pace of development**. No two children are the same, parents do not spend the same amount of time practicing with their children, some may not practice with their children at all, some children are helped by their parents to master particular skills, and other children are able to do things on their own.

It is not the speed of "fulfilling the development tables" that is important, but the quality of independent execution!

Rather, it is important to monitor the child's overall progress in various areas, including his or her ability to communicate, interact socially and solve problems.



➤ **Myth # 3: Children must be constantly stimulated to achieve optimal development.**

Over-stimulation and pressure on the child can be counterproductive. Children need time and space to explore the world around them independently, which is very important for their development.

You probably know yourself, that **experience is non-transferable**. You may be repeatedly advised not to touch a hot stove, but only when you burn yourself you will remember and live your experience and next time you will be able to make a choice whether or not to burn yourself again.

Let your children discover the world around them on their own and let them have their own experiences. Of course, we keep the safety of the children in mind during the discovery process.





➤ **Myth # 4: A child with developmental delays will never catch up to other children.**



A child's developmental delay compared to "chart development" is not always alarming. As I have written before, every child has his or her own pace of development. Some children are walking at 11 months, others start taking their first steps as late as a year and a half.

However, if you are unsure about your child's development, whether physical, social or cognitive, then don't hesitate to see a specialist - a paediatrician, speech therapist, physiotherapist or other professional on the advice of your paediatrician.

➤ **Myth # 5: Children are genetically predisposed to certain skills.**

Yes, of course genetics play a role, but environment and acquired experience are also important. Children can develop different skills and abilities through learning, practice and support. Repetition is the mother of wisdom.

➤ **Myth # 6: A child should be able to read, write and count by the time they start kindergarten.**

The ability to read, write and count develops gradually and it is not realistic to expect a child to have these skills at a very young age. Parents should provide the child with stimuli and an environment that supports the development of his or her cognitive abilities. And if your child doesn't learn to read and write by first grade, he or she certainly will in school.

The important thing is to encourage curiosity and joy in learning in children. The joy of mastering a learned skill also makes a child more confident and boosts his or her self-esteem.

➤ **Myth # 7: Children need to be pressured to achieve certain educational and physical goals.**

You may have encountered this pressure yourself in your childhood. Your mom or dad insisted that you "must" master some skill, thing, task, or the world will come crashing





down. I believe you were not comfortable with this and preferred to push these memories from your childhood out of your mind.

Too much pressure can cause children stress and anxiety and can have a negative impact on their development. As I mentioned earlier, it is important to create an environment for children that encourages their curiosity, joy of learning and individual progress. Give children a helping and supportive hand, they will appreciate your support in time.

➤ Myth # 8: Some children are just "lazy" or "clumsy".

Terms like "lazy" or "clumsy" do not take into account individual differences in development.

Moreover, a child may carry this label with him or her throughout his or her life and, because of these childhood labels, voluntarily but unintentionally place him or herself in the "lazy" and "clumsy" category. As a parent, you certainly don't want to make your child's journey difficult in advance, but you want only the best for them.

Look for ways to support and guide your child in a positive way and provide an environment in which he or she can develop successfully.

It is important for parents to understand children's psychomotor development and not fall into the trap of these myths. Monitoring a child's progress and providing support and love are key to their healthy development.

Soon you will find more information about child psychomotor development in my **new eBook "Look what I can already do – on land and in water"** on my website zuzananemcova.cz.

